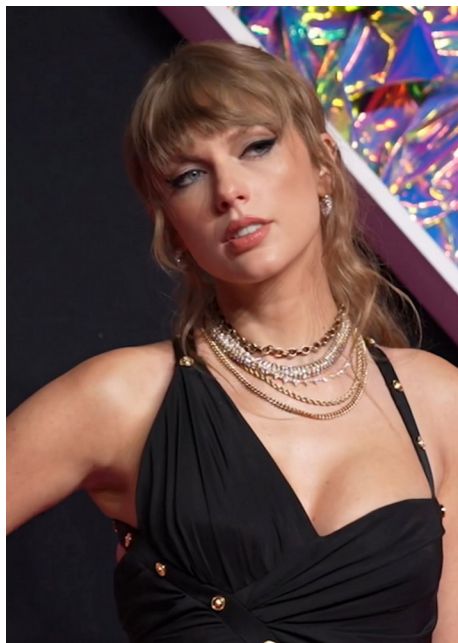


## Introducing CBD vaginal suppositories

Formally, period pain is dysmenorrhea. The benefits of [CBD](#) for [period pain](#) have been apparent for years. However, this was CBD taken orally or topically, eg as a cream. There was no mention of CBD vaginal suppositories. This is no longer the case.



### **Taylor Swift has periods. Photo: iHeartRadioCA**

A study recently published in the [journal \*NPJ Women's Health\*](#) found CBD vaginal suppositories to bring about “significantly reduced frequency and severity of menstrual-related symptoms.” Users experienced better mood and reduced period pain and took fewer painkillers. The comments in the journal stated that this was the first study to gauge the effectiveness of a commercially-available, high-CBD suppository upon menstrual-related pain and discomfort.

Researchers at the McClean Hospital Imaging Center and Harvard Medical School in Massachusetts recruited 307 people who were born female. 77 of them were given the vaginal suppository Foria, containing 0.004 oz (100 mg) of CBD. They completed surveys at the one- and two-month marks. 72.9% reported at least moderate improvement in symptoms one month later while 81.1% did so two months later. There was more relief the more often the suppositories saw use.

### Why are CBD vaginal suppositories good?

The advantage of CBD vaginal suppositories is that when taken orally, CBD has to go through the gastrointestinal tract before entering the bloodstream. Boronia Fallshaw founded Mello, which sells CBD-infused products. In her words, “when something gets digested, a lot of good-for-you ingredients don’t actually get used.” She added, “there are a ton of cannabinoid receptors in the pelvic tissues.”

CBD vaginal suppositories enter the bloodstream directly. Consequently, they provide more targeted drug delivery and therefore more relief from period pain.

### The benefits of CBD when menstruating

Menstrual cramps occur about 60% of the time when menstruating. CBD relaxes the muscles, making this less of a problem.

Endometriosis is taking place when tissue similar to that lining the uterus grows outside it. This leads to severe pain and other symptoms. There is much inflammation, which CBD relieves.

The scientific name for painful sex is dyspareunia. In [one survey](#) where 8,869 British women took part in interviews at home, 7.5% who were sexually active experienced this problem. In the United States, 3,017 women aged 20-60 in a screening programme for cervical cancer [were questioned](#), and 9.3% had the same. Heather Jeffcoat is a doctor of physical therapy who specialises in sexual dysfunction and wrote [Sex Without Pain: a Self-Treatment Guide to the Sex Life You Deserve](#). She reported that some patients with dyspareunia had less pain during intercourse thanks to CBD vaginal suppositories.

### How to take it

If swallowing pills or putting oil under the tongue isn't an option, it's time for a suppository. CBD vaginal suppositories work for seven to nine hours. Darker discharge is normal. They usually take 15-20 minutes to completely melt and for the body to absorb them, so allow this much time.

### A little warning

Some medical conditions that lower immunity, like cancer, may not go well with CBD. This is because, as shown by [this review of studies in 2020](#), CBD is an immunosuppressant. In these cases, consult a doctor.

### CBD is still good, even post-menopause

Periods cease at menopause. There has been research that found the body to make fewer cannabinoids at this time. Hot flushes, vaginal dryness and trouble sleeping are common problems that arise with menopause, but CBD works on these.